



Coaches,

We welcome you to the Ensor Track Meet at Eastlake HS. Our goal is to run a safe and smooth meet to give the best experience possible to our student-athletes. We can only accomplish this goal with your assistance. Below is the information for the meet.

Key Reminders:

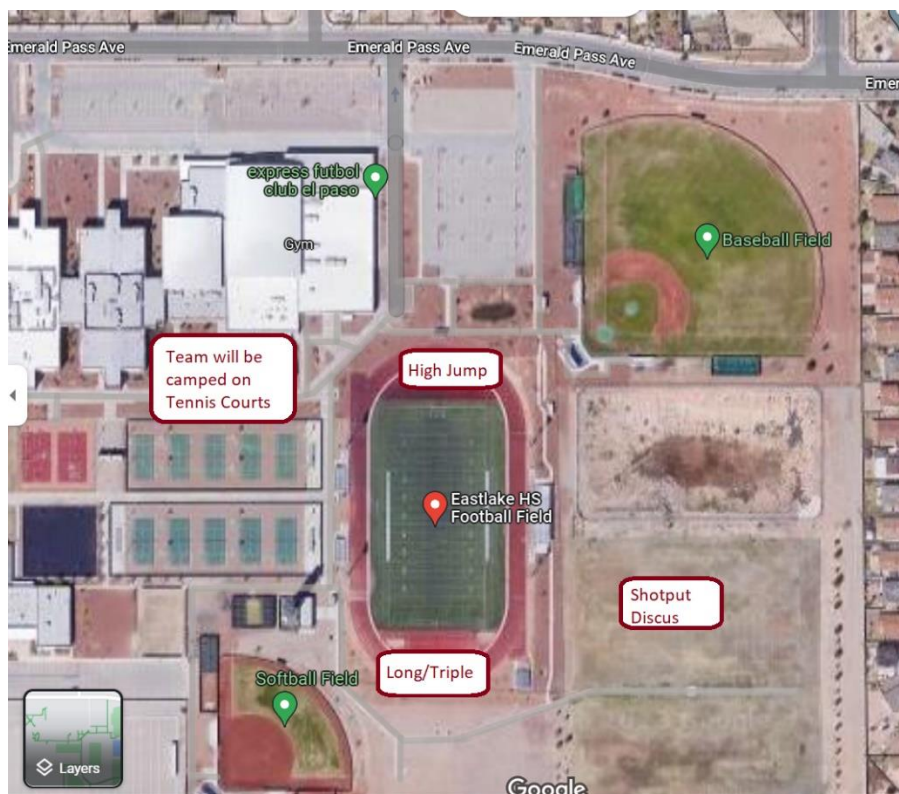
- The order of events will remain consistent with what is listed below.
- All student-athletes must be in the check in area before third call.
- No add-ons, only alternates for relays.
- Coaches, please be in general track area to direct student-athletes to check in, considering it is our first meet.
- **8:00 a.m. Girls' Field & Boys' Running, followed by Boys' Field & Girls' Running.**
- **Now that we have added girls 300m hurdles, they will be the FIRST event, followed by all male running events to eliminate extra set-up for hurdles.**
- **Team Camps will be located in the tennis courts beside the track.**
- **7:40 a.m.-** Coaches scratch meeting in the hospitality room. Coaches meet for light breakfast and make scratches to event sheets. Lunch will be passed out in the afternoon.

Boys' Running Events	Girls' Running Events
8:00 a.m. Start Time 300m Hurdles (+7/8 th GIRLS FIRST) 2400m run 4x100m relay 800m run 100m dash 4x200m relay 400m dash 200m dash 1600m run 4x400m Relay 110m Hurdles	10:00 a.m. Estimated Start Time 100m Hurdles 240m run 4x100m Relay 800m run 100m dash 4x200m relay 400m dash 200m dash 1600m run 4x400m relay

Girls' Field Events	Boys' Field Events
(3 attempts for all field events) <ul style="list-style-type: none"> • High Jump 7th then 8th Starting height 7 th girls 3'6" 8 th girls- 3'8" (3 attempts <u>at each height</u> for HJ) <ul style="list-style-type: none"> • Discus- 8th then 7th • Shot Put- 7th then 8th • Long Jump- 7th then 8th • Triple Jump- 8th then 7th 	(3 attempts for all field events) <ul style="list-style-type: none"> • High Jump 7th then 8th Starting height 7 th boys 3'8" 8 th boys 3'10" (3 attempts <u>at each height</u> for HJ) <ul style="list-style-type: none"> • Discus- 8th then 7th • Shot Put- 7th then 8th • Long Jump- 7th then 8th • Triple Jump- 8th then 7th



Ensor Track Meet- March 25, 2023



The following schools are responsible for a field event and a relay exchange. We ask that only coaches/adults run official measurements, 2 coaches per event. We will try to have Eastlake HS athletes/Ensor Stu-Co assist with raking jumps/throws.

Throwers Coaches: Please bring your own shotput & discus.

PUENTES:	Long Jump	4x1 2 nd Exchange
HERNANDO:	Triple Jump	4x2 2 nd Exchange
SUN RIDGE:	Shotput	4x1 3 rd Exchange
SERNA:	Discus	4x1 1 st Exchange
ANTWINE:	GIRLS High Jump; extra eyes for 4x1/4x2	
SANCHEZ:	BOYS High Jump- extra eyes for 4x1/4x2	
SOCCORO:	4X400/800m Break-in, 4x2 1 st /3 rd exchange	
ENSOR:	OFFICIAL TIMERS- extra eyes for 4x1/4x2	

Thank you all in advance for assisting with a smooth meet. Good luck to all!
Please feel free to reach out to me with any questions you may have.

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